

2020 Vision

Charlie Keil on his first term as Principal and what lies ahead for Innis College

Daria Mancino

INNIS LIFE

I first met Principal Keil (or Charlie, as I was instructed to call him) on the Principal’s Boat Cruise during Orientation Week in my first year of university. He sat at a table with me and my newly-made friends as part of his mission to meet as many incoming students as possible. Looking back on our first interaction, I was alarmingly audacious—after he asked all of us our names, I proceeded to ask him, without an ounce of shame or hesitation, what his name was because I hadn’t paid attention to any of the announcements made at the outset of the cruise, including his speech. Luckily for me, Charlie found this immensely amusing rather than offensive and continued to chat with our group for the better part of an hour. This was no simple meet-and-greet—Charlie was intent on getting to know us and making us start to feel like a part of the Innis College community.

While I can’t speak directly to the student experience at other colleges, I have trouble imagining that Charlie’s commitment to getting to know students personally, particularly as a high-ranking administrator, is paralleled anywhere else at the university. And while the specifics of my story may be unique, I am only one of many students who have benefitted from Charlie’s support during their time at Innis College.

Innis has a long and proud history of championing student voices. From opening the first university writing centre in Canada to establishing the first student-staff parity governance structure at U of T, Innis consistently supports its students in innovative and unprecedented ways. Over the course of Charlie’s first term as Principal, he has indisputably continued and deepened the College’s tradition of putting students at the forefront of decision-making.

At the beginning of March, I sat down with Charlie for a retrospective walk through his first term as Principal of Innis College. He reflected on what he’s learned over the course of his term, the accomplishments he’s most proud of, and what he hopes he or his successor will accomplish at Innis College in the next five years.

Charlie began his first term as Principal on July 1, 2015. He had previously been the Director of the Cinema Studies Institute for a period of nine years, a role which allowed him to build significant administrative experience and develop a relationship with the College. Both proved to be assets in Charlie’s nomination to become Innis Principal. After accepting his nomination, Charlie had to present his “vision” for the College to a selection committee, which included Innis



COURTESY OF DANIEL LI

Charlie Keil reflects on his first term as Principal of Innis College and the accomplishments he is most proud of.

staff and students. This vision is meant to articulate the nominee’s plan to support the College community and address its most pressing needs.

When I asked about the vision he presented to the selection committee, Charlie laughed, admitting that “you present a vision prior to actually knowing that much.” Despite this inherent limitation, Charlie has achieved much of what he set out to improve. Part of Charlie’s vision focused on short-term, attainable goals to improve the College. These included renovating the library, which “was in need of immediate attention,” and making it easier to navigate the College, as most people “were perpetually lost within the building” when Charlie came into the role. Innis Library today would be unrecognizable to students five years ago and has had to expand its hours over the past two years to meet the high demand for the space since its renovation (and thanks to the efforts of Kate Johnson, the best librarian on campus). Similarly, while I do still have to give the occasional direction to someone trying to find an Innis classroom, the College has benefitted from new and improved wayfinding maps and signs.

However, the core of Charlie’s vision for supporting the College centred around space. “Space was a major concern,” he said, noting that “numerous issues would only be addressed by [first] addressing the space issue.” Charlie’s focus on the lack of space to support the College’s programs, staff, and, most importantly, students, has led to the Innis College Revitalization and Expansion Project. This project, which is currently in the fundraising stage, aims to

rebuild the west wing of the College. This would expand highly-used spaces including the beloved Innis Cafe, while improving accessibility and creating better spaces for students, like a new library and student success centre, an expanded commuter lounge, and designated student offices for Innis’s many clubs.

Reflecting on the nomination process, Charlie felt that “what you’re articulating [with the vision] is an affirmation of what the College’s values are and how you’re going to support them.” Ultimately, Charlie’s vision for the College centred around uplifting its staff and students, reflecting the College’s core values of community and student support.

Of course, Charlie’s vision for the College shifted throughout his time as Principal. “Just learning the ropes definitely takes about a year,” Charlie said, sharing that he spent the bulk of his first year as Principal listening to those around him to get a better sense of his role. Now, he’s the second longest-standing Principal at the University, with many other principals looking to him for guidance.

In addition to gaining confidence throughout his time in this role, he said “I’ve become progressively more invested in what my role can do. I see now that I can also advance certain things that do not just affect Innis College, that would be good for students on a broader level.” As an example, Charlie is now a co-chair of the First Year Foundations Council, a campus-wide council addressing how to increase small-classroom learning opportunities for first year students. Through this council, Innis launched a First Year Foundations pilot program, which allowed the

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HELEN HO
TONY HU
GEORGE KELL
SARAH LAUDENBACH
SABINE OSMANN-DEYMAN
ROCHELLE RAVEENDRAN
VARTIKA SUNEJA
KRIS SURI

**PHOTOGRAPHERS
AND ILLUSTRATORS**
ANNA PAN
SABINE OSMANN-DEYMAN

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JAMES CHAPMAN
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We are committed to covering stories that matter to students. Our content aims to help students connect to their college, campus, city, and world.



2020 VISION, CONTINUED FROM PAGE 1

College to host thirteen seminar classes from various departments with priority enrollment for first-year Innis students. These courses are designed to be integrated with other College supports, including the Registrar’s Office, Writing Centre, and Library, and aim to help ease first year students’ transition to university. “I wouldn’t have that opportunity [to make broader change] if I weren’t Principal” Charlie said.

While many staff and administrators at the University are endeavouring to improve the student experience, few have the opportunity (or, perhaps, take the time) to connect with students firsthand. To Charlie, however, “I don’t know why you would do the job if you didn’t want to connect with students.” Charlie feels that this is especially important given the role of the colleges at the University of Toronto. The colleges “give students a sense that somewhere at the university cares about them and wants to help them do their best. If you subscribe to that, then you’ll want to reach out to as many students as possible.” He hopes that through his role, he can help students “remember Innis College as being an important part of their formation and something that made their university experience a richer one.” Making connections shows Innis students that the college community is there and genuinely cares about them.

While connecting with students fundamentally improves the student experience, it also helps Charlie fulfill his role as Principal. Connecting with students lets “you actually know why you’re making decisions,” Charlie said, which helps him represent the college and its values to the broader community.

Coming to the end of his term, I asked Charlie what his proudest accomplishment was over the past five years. “It may seem odd...” he started, “but there is a sense of accomplishment you have when you finally had some involvement in forming a team.” Innis already had a vibrant staff when Charlie became Principal, but over the past five years he’s been able to have a role in creating “a really good team that, by and large, is thinking in the same ways and is very student-centred.” While he said that “proud” might not be the right word, Charlie is “happy” that he “had the opportunity to build something that I think now is really great” and to solidify a team of staff at Innis that shares the College’s values.

Charlie also said “I’m proud we’ve gotten as far with the

building project as we have,” which was a core element of his original vision for supporting the College community. It was “of course a team effort,” involving the support of many staff members at the College, but Charlie also knows that “ultimately, somebody has to keep saying “we’re keeping going” and that person is the Principal.” While the completion of the new build is still a few years off, when it does get built, Charlie said, “I’ll feel a degree of investment in having been instrumental in that.”

Beyond tangible accomplishments, Charlie hopes over his first term as Principal that he’s made the College as happy, if not happier, a place than it was when he began. “If students have as positive an experience as they have ever had, or even a more positive experience, and I can lay any claim to any part of that, that would be the thing I would be most proud of,” he said.

While June 30 will mark the end of Charlie’s first term as Principal, it hopefully will not mark his last day. The nomination process is currently underway to appoint a Principal for another five-year term, with Charlie being a nominee. Charlie said that if he returns to the role for a second term, his main priority is ensuring the new build is completed. “Without [the new build], I just feel like the College will never be able to reach or realize its full ambitions,” he said, noting that the expansion is key to achieving many of his other remaining goals, including creating better, more welcoming spaces for commuter students and creating a more integrated model of student service.

If for any reason Charlie does not return to his role on July 1, I asked him what wisdom he would want to pass on to his successor. The first piece of advice: “Listen to the people who are here. Take their counsel.” Charlie has relied heavily on the talented staff at Innis College to support him in his role, and it’s crucial that any future Principal do the same. “Principals come and go, but [other staff] are here for the long run.”

The second piece of advice: “Be student-focused. If you’re not student-focused, if you don’t keep reminding yourself that you’re here because of students, the job will feel less fulfilling. Much more important than that, you won’t be doing the job as it’s meant to be done. At least that’s the way I understand it.”

Letter to the Editor

Re: James S. Woodsworth: A man to remember, never to glorify

I would like to thank Marloes Steppel and the *Innis Herald* for drawing attention to some of the lesser-known aspects of James Shaver Woodsworth and his views. As a historian, I am well aware of the difficulty of grappling with historical figures who could be quite progressive in advancing one particular cause or social movement, yet whose views in other areas were unacceptable and even repugnant. As a social welfare reformer, pacifist, labour activist, and advocate for adult education, J. S. Woodsworth promoted many of the values that the University of Toronto and Woodsworth College hold dear and continue to uphold. As a man who embraced and propagated the racist, eugenicist, and assimilationist views of his time, especially with regards to Black and Indigenous people, he stands for an ideology that we emphatically reject. I will be proposing a town hall, or series of town halls, to engage in thoughtful discussion about the complexities of these and other historical legacies. My hope is that, as a community, we will be able to confront and acknowledge those complexities without erasing the history. This will not be a quick process. We ask for patience and look forward to further dialogue.

Carol Chin
Associate Professor, Dept. of History
Principal, Woodsworth College

Editor’s letter

Daria Mancino

The *Herald* is the first thing I became involved in when I started university. I was a copy editor, a position I was able to secure without campaigning or even attending any meetings, both of which I found intimidating during my first weeks on campus. What started out as a low-stakes way to get involved at Innis became one of my most formative university experiences.

If someone told me in my first year that I would end up as Editor-in-Chief of the *Herald* in my fourth year, I wouldn’t have believed them. And if someone told me at the beginning of my fourth year that this is how my last edition of the *Herald* would come out—two months late, released online only in the middle of a global pandemic—I wouldn’t have believed them, either.

This edition is not particularly COVID-related. I would love to say that this was a bold editorial choice, but in reality it’s because we spent over a month preparing for this edition before the world flipped upside down. The *Herald* has never been the place for breaking news. Instead, it continues to be a place where Innis students find their voice and talk about what matters to them most.

I hope this edition reminds you of all the things we can look forward to getting back to one day, and, more importantly, I hope it reminds you of the wonderful community we have at Innis College. Thank you for reading.



InSIGHT mentorship rewind

Tony Hu INNIS LIFE

The InSIGHT mentorship program is an Innis-exclusive program that pairs first year Innisians with upper-year students who are in a similar academic program. The mentors help their mentees with everything from academic questions to navigating college life. As the 2019-2020 academic year came to an end, I reached out to individuals who are connected to this unique mentorship program at three different levels to share their thoughts on what makes the InSIGHT program so special to the College.



Eilene Su, InSIGHT mentee

Tony Hu: Tell me how you got involved in the InSIGHT program.

Eilene Su: I got involved in InSIGHT during Orientation at the Innis clubs fair. I signed up to be a mentee because I thought it would be helpful to have a mentor who has already transitioned from being a high school student to a university student and thus could give me advice on things like my courses and how to adapt to university life.

TH: What were your expectations for the InSIGHT program at the beginning of the year? How were those expectations met or did anything surprise you?

ES: At the beginning of the year, I wasn't really sure what to expect from the program as I had never participated in a mentor-mentee type of program before. Nonetheless, I was really happy with the mentor I got as I had already begun to work closely with her. I was really lucky to have gotten Naomi as my mentor as we were also paired together as senior representative and first-year representative on the Innis Residence Council, so I think the mentor pairing exceeded my expectations.

TH: What is the single biggest thing you learned from your participation in the InSIGHT program?

ES: The single biggest thing I learned from participating in the InSIGHT program is that the mentors are really there to help you and are willing to help you whenever you need it. I found that the interactions between mentor and mentee often go beyond the events planned through InSIGHT.

TH: Will you continue to participate in the InSIGHT program as a mentor next year? Why or why not?

ES: I would like to continue to participate in the InSIGHT program as a mentor next year as I think the mentor role is extremely helpful to the first years in terms of transitioning to university. It would be rewarding to be able to provide the same type of support for a mentee as I was given.



Tony Niu, InSIGHT mentor

Tony Hu: Tell me how you got involved in the InSIGHT program.

Tony Niu: The experience of being an international student coming to Canada a few years ago made me realize how difficult it is to transition into Canadian culture, so I applied to be a mentor at the end of my second year hoping to help guide mentees who share similar backgrounds and experiences with me. In my first year, although I did not apply to be an InSIGHT mentee, my orientation captain, Chiao Sun, was incredibly helpful. He has acted as a mentor throughout my university life. From teaching me important life lessons to guiding me in my academic studies, he has always been there for me and he is someone I can totally look up to. I wanted to become someone like him—someone who is helpful, experienced, caring, and knowledgeable. That's why I decided to apply to be a mentor with the InSIGHT mentorship program!

TH: What were your experiences in the InSIGHT program at the beginning of the year? How were those expectations met or did anything surprise you?

TN: I was expecting to really connect with my mentees and be a guide for them in their first year at UofT. All of my mentees are Chinese international students just like me which made communication really easy since we all share a similar cultural background. I could really connect with them and answer specific questions for them. In addition, their programs of study are all really closely related to the fields I am in, thus I am able to answer academic-related and career-related questions for them as well. My expectations were 100% met and I am so happy to just be there for them and be someone they can talk to throughout their undergraduate studies.

TH: What is the single biggest thing you learned from your participation in the InSIGHT program?

TN: Through interactions with my mentees, I realized that the single biggest thing I learned was that often first-year students have questions but they cannot find someone to reach out to. The InSIGHT mentorship program provides the opportunity for them to get their questions answered. The program acts as a bridge, forming small groups so that mentees feel like they have someone to talk to and are able to make friends with each other.

TH: What was your favourite InSIGHT related experience this year?

TN: I organized a bubble tea social with all of my mentees a few months back and we all felt really comfortable talking to each other and sharing our experiences. It was really cool for us to learn more about each other's experiences since coming into university in September; we discussed a couple of ac-

ademic-related topics as well as career-related topics. I personally was impressed by the visions and goals my mentees have set for themselves in their early years of university. Oh, and did I mention the bubble tea was really good?

Julie Hyunh, InSIGHT program chair

Tony Hu: Tell me how you got involved in the InSIGHT program.

Julie Hyunh: I got involved in InSIGHT during my first year where I was a mentee. I really enjoyed the mentorship experience and felt that it helped my transition into university, so I applied to be a mentor in my second and third year. This year, I am the chair of the program, where I am responsible for matching mentees with mentors as well as planning events alongside the mentorship portfolio lead within the Office of Student Life's community development team.

TH: How do you think you have changed the InSIGHT program in your role as chair and what changes would you like to see from the InSIGHT program for next year?

JH: The transition from mentor to chair was quite difficult because I did not hold any executive positions related to event planning before this. All of my executive positions have been behind-the-scenes such as in graphic designing or secretary roles, so it was a challenge to take on this role. Currently, it is just me and the community development team lead that plan events and our main mode of communication is by email. I would like to see this change next year by having the mentors become more involved in event planning. We could facilitate this through bi-weekly or monthly meetings where all the mentors can come together to discuss event ideas. It would also be a great space to discuss any issues that have arisen in their mentorship pairings. I think this change would be beneficial to the program and would also increase the interactions between mentors to strengthen the Innis College community.

TH: What is the single biggest thing you learned from your participation in the InSIGHT program?

JH: The single biggest thing I have learned in my time as a mentee, mentor, and now chair is that mentorship is quite foundational because only an upper-year would really understand the challenges and struggles that an incoming first-year student would go through. Yeah, there are other people who could support the transition, but it is nice to have someone to talk to who has just recently gone through these challenges and can provide relevant tips and suggestions on how to get through first-year.

TH: What was your favourite InSIGHT related experience this year?

JH: My favourite this year has to be the Halloween event where we carved pumpkins. It was really fun and about half of the mentees and mentors showed up, which I am very happy about! Low-key plug, but the photos from this event are located on our Facebook page!

Interviews have been lightly edited for clarity.



How to U of T: Choosing a Program of Study (POSt)

Louisa You

STUDENT LIFE

I am graduating this month and I haven't thought about the reasoning behind how I picked my programs of study (POSts) since the day I submitted my specialist application two years ago. That is, it hadn't crossed my mind again until I was at a dinner set up by my program in March (pre-COVID-19 lockdown).

Somebody asked me why I chose to pursue a specialist in Peace, Conflict, & Justice, and I answered truthfully: "I applied because I heard it was hard to get in." Everyone at the table laughed, which was beyond my comprehension. I wasn't trying to grandstand—in fact, the reality was quite the opposite. I graduated high school with stellar grades and in first year I was crushed by U of T's unforgiving standards. I have always appreciated a good challenge, but I also think a part of me wanted to prove something to myself by applying to such a difficult program.

Of course, that was only one of many valid possible reasons behind POSt decisions, but before I elaborate more on them, here is a small primer on how the system works at U of T. At other universities, you might be applying directly to the fields you want to major in. Here, if you are admitted for Arts and Sciences, you are accepted to the Faculty, and you apply for your programs of study (which you might also know as majors or minors) at the end of first year.

In order to graduate, you need an approved combination of POSts. Double-majoring is the norm here, even if it sounds impressive to parents and students from other schools. Students can also graduate by completing a specialist or a major and two minors. While these are the minimum combinations required to graduate, you can visit the Faculty of Arts & Science website or meet with your registrar to discuss specific or more elaborate combinations of POSts.

Don't stress out too much about how to complete more than one major for now. There are many ways that you can make it work—for example, if your programs are related, then the same courses can count

towards both programs. It just takes some good planning work, and remember that there are many people who can help you with this! I ended up with a specialist and two minors, but I took no more courses than the required amount to graduate. If you are an Innis student, I cannot stress how much of a blessing the registrar's office is in helping navigate programs at U of T.

One consideration that might factor into which programs you apply to is the application process. There are three types of programs. **Type 1** is the most accessible. If you complete 4.0 credits by the time you have to enrol in the program, all you need to do is add the program on your Acorn account and *boom!* you can be an English major.

For a **Type 2** program, you need to complete certain prerequisite courses and achieve minimum grade requirements. If you have both of those, add the program on Acorn, wait for the department to verify and approve your request, and you'll be a Sociology specialist. If your desired program is a **Type 2L**, the 'L' marker indicates that there are limited spots in the program. Some Type 2 programs will also accept students even if they're missing one (or even two) prerequisites if you email and talk to the program coordinator—you'll just have to complete them before graduation.

Type 3 programs have the most extensive application process. After having the required courses and grades, the department requires supplemental information from you. This can include a written application, resume or CV, and even an interview. After you complete these and if you are accepted, you can be invited to enrol as an Immunology major, Computer Science minor, or, like yours truly, a Peace, Conflict & Justice specialist. In my case, the application process included submitting a writing sample, an application essay, statement of intent, and an online interview, but each program is unique in the selection process.

In my opinion, the first rule of selecting a POSt is your own interests and passions. You don't want to be locked in a program that you detest for the next three years, but also keep in mind that switching programs is common and doable. Do what interests

you most and think about what will help you achieve your personal goals. With that in mind, here are some more things to consider:

1. **Program prerequisites:** for example, all the Psychology POSts (Type 2L) have a Math prerequisite. You might need to take a summer math program if you don't have this requirement already. Most Life Science programs have a specific math requirement, too.
2. **Program requirements:** what are the criteria necessary for you to complete the POSt? In my program, Peace, Conflict, & Justice, you must complete either a semester abroad or service learning module. If you are a PCJ specialist, you must complete a senior research project class. It's important to consider the types of courses you'll need to take to complete your program when making your choices.
3. **Class sizes:** some programs are much bigger and some are much smaller. Which kind of environment do you thrive in? If you are interested in a bigger program, what kinds of opportunities are there to talk to professors or TA's?
4. **Opportunities:** programs have specific opportunities! Are there networking dinners, job shadowing programs, medical school symposiums? Scholarships, grants, abroad modules? Which of these are important to you?
5. **Post-grad requirements:** in first year my roommate was considering what courses she needed to take in order to qualify for a Masters of Linguistics in the future. It might not be a bad idea to think that far ahead when choosing your programs if you know what further education you want to pursue.

This long list of considerations is not meant to scare anyone. Like I mentioned earlier, one of my main reasons for choosing my POSt was just to take on the challenge. However, the structure of the POSts system, along with the multiple requirements to graduate, makes students feel like their choice of program in first year can determine their entire undergraduate career.

I certainly felt like I needed to have everything figured out from day one if I wanted to graduate in four years. However, looking back, I can clearly see the multitude of other paths that I could have taken and I would not have regretted taking a longer time to figure it all out. I could have never predicted then where I am today.

It was my former boss at Innis who gave me the best advice. Your undergraduate degree is more about character development than anything else. I take that to mean: do what you can with what you have right now! Don't worry so much about crafting the perfect transcript and more about how you can explore your own interests and build opportunities for yourself.

At the end of the day, your programs of study are not the be-all-and-end-all of your life. Pick what you are interested in. Pick what sounds good to you. Pick based on the classes you enjoyed in first year or the ones you did well in.

I hope that these tips have helped you approach choosing a POSt. You can always discuss with an advisor if you're unsure about program combinations, requirements, or anything else related to your degree. At the end of the day, choosing your program is just that—a choice. And later, if you want, you can certainly change your mind.



COURTESY OF TIM GOUW

Choosing a POSt can be daunting, but it doesn't have to be. Louisa You outlines the basics of U of T's POSt system and some key considerations to make when choosing your programs.



Finding my voice through campus newspapers



COURTESY OF DANIEL LI

Writing for campus newspapers, while intimidating at first, is a great way to find your voice and write about what matters to you most, writes George Kell.

George Kell

STUDENT LIFE

As another school year has come to an end, so has my time at U of T and at the *Herald*. This is a bittersweet piece to write, since the *Herald* is the thing that I've been involved with the longest at U of T and it has become a small part of my identity. So, I would like to dedicate this piece to everyone who has been on the *Herald's* masthead, the Innis community, and everybody who has read my dozen or so pieces over the past four years.

Now that we have that out of the way, how does a student join a school newspaper? My personal experience was quite spontaneous and, to be honest, I don't remember how I got involved. I had always had an interest in writing and I believe I responded to an email calling for contributions in my first year because I thought I should give it a shot.

In my first year, I stuck to writing features—as a political science major, they were mostly about political issues. They were fun and relatively stress-free—there were many times when I would write the articles last minute, feeling little pressure since I know that the *Herald* isn't too widely read. The *Herald* was a comfortable space that allowed me to experiment in my writing and have a place to write freely.

I know that that sounds weird, but as a person who is generally non-confrontational (but also highly opinionated), the *Herald* was a good place to test myself before going out into the bigger media world.

My second year is reflective of that sentiment. When I realized that I could write newspaper articles that would actually be published, I answered a call for papers in U of T's undergraduate political science journal, *POLIS*. I submitted an op-ed on political polarization at the end of my first year, following the theme of a piece I wrote in the *Herald* that explored partisanship on campus.

The op-ed was published and I went to the jour-

nal launch at the Department of Political Science's lounge (I had nothing else to do). There, I met the incoming Features Editor at the *Varsity*, Kaitlyn Simpson. I had plans to volunteer in some position at the *Varsity* going into my second year, but meeting Kaitlyn put me on the Features mailing list before second year began. After writing a piece for the *Varsity* over the summer, I applied for the position of Associate Features Editor and got it. That year, I also happened to become a copy editor for the *Herald*, so it was a pretty busy year for me.

Shortly after my stint as Associate Features Editor ended, I lost the election for the Features Editor position. Unfortunately, the style of the new Features Editor clashed with my own, so I stopped writing for the *Varsity* but remained involved as a contributor for the *Herald*.

I guess this part of the story encompasses a few things. One, it's the story of being involved on campus. Two, it's the story of improving certain skills—communication, collaboration, editing, and writing—that are transferable into the working world. Three, it's the story of discovering yourself.

There are a few reasons why people tend to join clubs. The shallowest reason is that it looks good on job and grad school applications. But more than that, people will join clubs because it's an activity that they want to explore and they want to see if they like it.

When I joined the *Herald*, I had never formally written anything for a newspaper. For my first article, I looked up stylistic guides, paragraph guides, all the stops. As I've written more pieces, I've stopped being so formal and, more importantly, I've developed my voice as a writer. The way I imagine my voice is similar to my vocal voice, which is basically a mixture of personal narrative and formal writing, with a bit of extra cheer.

However, finding my voice was just one aspect of my writing. I think people who have not written for papers don't realize that we can technically write about whatever we want. I usually go for the pitches that the masthead designs, but sometimes I'll choose

my own. If you're interested in contributing to media publications, or anything else, don't be afraid to pitch your own ideas and write about what matters most to you. I believe that most people can write well enough to contribute something to papers so, even if you aren't fully confident in your writing abilities, you should give it a shot.

Why should you contribute? I would say to practice writing for an audience. Regardless of the reason, knowing how to properly articulate your writing is valuable in all aspects of your life. Whether you need to pitch a product or promote a political cause, practicing your argumentation and writing in general will benefit many aspects of your life. The *Herald* is a good place for that, too—it's a public avenue, but has a smaller readership than publications like the *Varsity*, making it less intimidating to contribute when you're starting out. If you ever need writing samples for job or program applications, you can take them from your list of articles written—I used my *Herald* articles to successfully apply to multiple competitive graduate programs.

But most importantly, you should contribute because it allows for you to explore who you are. I've discovered where I stand on the political spectrum, which can be challenging as a young person. I've also learned about how my family's culture and Canadian culture shapes my experience in Canada. I've learned about urban development, I've learned about government policy, electoral and partisan politics, and I've learned about environmental initiatives. I've learned about cybersecurity and I've learned about interesting facets of Toronto's history.

Most of all, I've learned that you can't rely on others to write or talk about the things that are important to you. You need to express that message in the best way you can. If you can't be technical, don't be. If you can't be casual, don't be. But don't wait for the perfect pitch to get involved—U of T's campus newspapers are a great place to find your voice. If you're just starting out, the *Herald* always welcomes new contributors with open arms.



Who Canada's healthcare system leaves behind

Daniel Li

POLITICS

Canada's publicly-funded, single-payer healthcare system is known as one of the best in the world. With it, the health of each Canadian and permanent resident is insured. Under our healthcare system, each visit to the doctor is publicly paid for—there's no need to worry about copayments or paying out-of-pocket.

For nearly half a million people in Canada, however, this isn't the case. Canada, as a signatory of several UN conventions, affirms the human right to good health. Yet, in spite of this, a 2016 report by the Wellesley Institute estimates that up to 500 000 people in Canada don't have access to health coverage.

Who we're not looking out for

Immigration status is the single biggest obstacle to accessing health insurance in Canada. It's estimated that there may be more than 500 000 undocumented residents in Canada, which means they don't have authorization to live in Canada. Many undocumented residents arrive in Canada through legal means, but their immigration status may have changed. A report by the City of Toronto Medical Officer of Health cites expired visas, denied refugee claims, and sponsorship breakdowns as typical reasons for people losing their immigration status.

CBC Radio followed the story of Grace, who legally came to Canada in 2001. Before Grace could complete the immigration process, she lost her job. Over the past 18 years, Grace has worked under the table jobs, the same ones that are highly susceptible to exploitative practices. In 2012, Grace had to get a pacemaker and ended up having to pay tens of thousands of dollars out-of-pocket. Last August, she received news of a breast tumour, with treatment likely to cost more than \$10 000.

In 2015, more than 200 000 temporary workers, international students, and newly-arrived permanent residents lacked access to provincial healthcare. More than 20 years ago, temporary residents and international students had provincial health coverage. Then, in 1994, the provincial government imposed a three-month wait period for newly-arrived residents and removed health coverage for temporary residents and students. The three-month wait period, which prevents health coverage until the individual has been in the province for three months, also applies to Canadian citizens if they've been out of the country for 212 days.

Luma, a 4-year-old Canadian citizen, had left the country with her mother to visit family in the Middle East. Due to armed conflicts, Luma and her mother were unable to return home and their three week visit became longer than seven months. Upon arriving back in Canada, Luma's face had been infected and when Luma's mother took her to the hospital, she was denied coverage.

When asked about abolishing the three-month wait period in 2011, the provincial government cited that the policy saves \$90 million a year and there were no plans to change it. However, as the Wellesley Institute points out, the amount saved wasn't transparently calculated and it fails to consider the higher costs needed to treat people who become sicker over



COURTESY OF ANNA PAN

The gaps in Canada's healthcare system must be addressed to ensure all Canadians, regardless of formal status, are provided the human right to good health, writes Daniel Li.

the three-month period. It also excludes any cost associated with untreated infectious diseases that can spread to communities during that time.

The wait period also affects nearly 120 000 temporary foreign workers (TFWs) in Ontario. Although TFWs pay the same taxes most ordinary Canadians do, they arrive in the country without health coverage for three months. Some may never get health coverage, as some workers can have multiple job contracts a year, with each one allowing them to work for less than three months at a time.

Canadian citizens that are homeless and/or have mental health conditions also make up part of the population of uninsured people. Often times, these individuals aren't able to provide the documents needed to identify themselves and subsequently lose healthcare coverage because of it.

What's being done

At the moment, there are several healthcare services that uninsured people can access.

The Canadian Centre for Refugee and Immigrant Healthcare (CCIRH), located in Scarborough, was Canada's first medical clinic dedicated solely to supporting refugees and immigrants. Ever since 1999, the CCIRH has had more than 50 000 visits, 31% of which are from uninsured people. The CCIRH estimates that due to the efforts of their organization, they've saved over \$24 200 000 in healthcare and research costs.

Scattered throughout the province, community health centres offer primary healthcare for all individuals in their community, including the uninsured.

They're non-profit organizations that receive some provincial funding.

In addition, there are clinics available where a health card is optional. To name a couple, the Toronto District School Board offers pediatric and optometry clinics for newcomers and Women's College Hospital runs the Bay Centre for Birth Control.

On the federal level, the government supports incoming refugees through the Interim Federal Health Program (IFHP), which covers basic healthcare costs for refugees coming to Canada.

To address the issue of missing identification documents, the Ministry of Health and Long-Term Care has offered identification clinics in the past. Today, some community health centres have replaced these clinics, offering to provide assistance with obtaining the documents needed to get healthcare coverage.

Most of these services are limited by lack of funding, however. Community health centres are typically at capacity and have certain requirements that new patients need to meet. Clinics such as the CCIRH lack the necessary funds to operate at full capacity. Dr. Caulford, who works at the CCIRH clinic, has said "[Funding] runs out about five months into the year ... we're going on fumes for about seven months."

The IFHP has its own set of problems. In 2012, the Conservative government made significant cuts to the program, leaving many refugees without health coverage. Protests organized by healthcare providers erupted throughout the country. Although the cuts have since been reversed, there's been confusion about the state of the program. In order to be paid by the program for seeing refugee patients, healthcare practitioners need to enrol with the program. Some clinics continue to deny services for refugees as they're under the assumption that IFHP coverage hasn't been restored. Even when practitioners are registered with IFHP, there have been complaints about the lack of information about what services are covered.

What can be done

It's clear a lot can be done to improve the healthcare coverage of uninsured people in Canada. A good start would be reforming the three-month wait policy.

Groups have been lobbying for the elimination of the three-month wait period, stating the cruel irony of denying healthcare coverage. "You could say it's even fraudulent to invite people to Ontario and then say to them when they get here, 'By the way, don't get sick for a few months'", said Dr. Bob Gardner from the Wellesley Institute.

The wait period can also discourage people with infectious diseases from getting treatment, leaving cases of infectious disease unseen by public health officials. The current provincial government is more than aware of this. This March, in response to the COVID-19 pandemic, the Government of Ontario announced that the three-month wait period will be waived and the cost of COVID-19 related services would be covered for uninsured people.

Luma eventually got treated for her infection, all thanks to volunteer healthcare providers. As one of the wealthiest countries in the world, however, there shouldn't be a need to rely on volunteers to treat people that offer so much to our country, both socially and economically. At what point does someone become "Canadian enough" to have their right to good health?



Understanding my mental health within U of T

Herald Contributor

STUDENT LIFE

Content warning: This article contains mentions of sexual abuse, depression, and attempted suicide.

I am writing this article to share my personal experiences with mental health on campus. Specifically, this article is a way for me to find closure in my experiences accessing mental health resources and struggling with misdiagnosis.

To understand my experiences, I first have to tell you my story.

I have been struggling with mental health issues my whole life. As is the case for many students, my mental health got progressively worse once I started university. I would often fall into depressive episodes that left me completely unmotivated and exhausted for days. When I managed to finally come out of those episodes, I would spend the following days frantically catching up on all the schoolwork I had pushed off, barely sleeping.

I was also extremely dependent on my grades for validation. Sometimes the only thing that got me out of bed was the wave of terror that would come over me as I imagined turning a paper in late or receiving a mark that did not meet my ridiculously high standards. I treated each deadline like a life or death situation.

During my second year, I began seeing an off-campus therapist at Psyvitality. In addition to my struggles with depression, I was dealing with the re-emergence of trauma I had long repressed. As a child, I faced serious sexual abuse from ages 7 to 12. Because I was so young, I didn't have the mental capacity to deal with that reality. Instead, I repressed it, and I repressed it well. For the remainder of my time in elementary school, I was able to function well enough. By high school, I had convinced myself nothing had ever happened.

Unfortunately, you can't hold back unresolved trauma forever. After my first year exams, I went back to residence and celebrated with a few too many drinks. The vomit was not the only thing that forced its way up, and for the first time in 6 years I began remembering fragments of my abuse. I remember rocking back and forth on the couch crying, saying "it's my fault" over and over again while two Residence Dons tried to decide whether or not I needed to go to the hospital for alcohol poisoning.

From that moment onwards, I continued to experience flashbacks of my repressed memories. Sometimes once a month, sometimes all day. They became more and more difficult to ignore. Second year was the first time I ever opened up and shared my story. I tried shrooms for the first time and found the confidence to tell my girlfriend what had happened to me. It was one of the hardest nights of my life. I spoke for hours as tears streamed down our faces. In the morning, we began to talk about therapy options.

My first few appointments with my therapist were extremely difficult. I had to retell a story to a complete stranger that I myself had only barely come to terms with. In turn, that stranger was then going to tell me how to cope with an experience they never had to live through. Each time I left her office, I felt horrible. Twice a month I had to answer her ques-



A Herald contributor shares their story of attempting to access mental health supports at U of T.

tions and further unravel my memories, leaving me emotionally exhausted. I had heard that the first few sessions of therapy tend to be the most difficult and emotionally exhausting, and that it gets easier after the first few months. Unfortunately, I couldn't afford many more months and had to stop after 3 sessions.

A few days after the second session, I attempted to take my own life.

I have had two main experiences with mental health support on campus. In the summer before my third year, I sought support at the Health and Wellness Centre after my off-campus therapy sessions had ended. Ironically, my unhealthy dependency on my grades was one of the main obstacles that stood in the way of me accessing resources and support. How could I be depressed if I could maintain a high GPA? The Health and Wellness Centre appeared to think the same thing. They would dismiss my mental health claims, saying "if you can maintain a 4.0, you can't be having that much trouble," and, "you know, students with depression often find it hard to submit assignments on time or at all. You don't seem to have an issue with that." Nevertheless, they reluctantly booked a mental health assessment appointment for me.

By the end of the summer, I had received two different diagnoses: bipolar disorder and depression. The toll those months took on me was significant. For weeks, I was under the impression that I was bipolar. I spent hours each day watching YouTube videos of people who are bipolar sharing their stories and reading different articles online, trying to find myself in the hundreds of symptoms.

It was over a month later when a specialist finally told me that I was not bipolar and instead informed me that I suffered from depression. It was that same specialist that then proceeded to continuously press me on my sexual abuse history, urging me during each session to tell him the details of the encounters despite my repeated requests to not revisit my trauma. After three sessions, I felt so uncomfortable with his continued disregard for my boundaries that I stopped going.

For months afterwards, I blamed myself for quitting too early, for not giving a clear description of my symptoms which I believed led to my misdiagnosis,

and for not putting in the effort to properly work on my mental health. Such a thought process is not constructive, and it took me a while to work through it. Closure for me does not lie in forgiveness. I will not dismiss my experiences by arguing that the therapist and specialist I saw were simply part of a larger process of underfunded mental health resources, although that reality cannot be denied. Closure lies in telling my story and recognizing that I cannot blame myself for those experiences.

My second involvement with mental health support on campus was within Innis residence. Even before I began writing this article, I was still angry about my experience. It wasn't until after I sat down with Dean of Students, Steve Masse, that I began to understand why things unfolded the way they did. After my attempted suicide, I was asked to meet with the then Residence Life Coordinator and Assistant Dean to check in. As a student that is involved within the IRC and is quite present around the residence, I felt embarrassed and ashamed to have the people I regularly met within a formal setting see me in such a vulnerable position.

I went into that meeting with Steve in the hope to better understand why Innis had encouraged me to follow such a confusing and humiliating path. Though I haven't come to terms with the relationships I had with Health and Wellness staff, time has allowed me to see the intentions of the residence staff in a better light. After Steve had both validated my experiences and apologized, he laid out the importance of providing choices and a touchpoint of familiarity for students. While not denying my experience, Steve stated that for many, the voluntary meeting in the back office is a helpful and comforting space that makes them feel less alone and informs them about resources on campus. I left the meeting no longer feeling the same anger I had going in.

Mental health services at U of T are complicated and far from perfect, but my journey of gaining closure has allowed me to recognize when a system, such as Innis Residence, has a student's best interests at heart. Through open discussions with students and staff, the residence is continuously improving its capacity to support its community members.



Panic! At the FreshCo

Jadine Ngan
PHOTO ESSAY

On Thursday, March 12, I dropped by the FreshCo at Bathurst and Nassau for eggs. Anyone familiar with that FreshCo branch knows that there’s rarely a line, especially for the self-checkout. That day, the line stretched 40 people long. I’d been seeing headlines about supplies selling out for weeks, but this was the first time the shortages began to feel real. I made my way around the store, taking note of all the empty shelves. It was surreal. All the packs of garlic were gone. There wasn’t a single carrot to be found. The canned food aisle had been raided. Pasta was running out and a few days later it would fully be gone. The next afternoon, there was a line to get in the front door and it stretched all the way to the exit by the cash registers.

The Ontario government has since assured buyers that the supply chain is “robust,” and panic buying is far from necessary. Indeed, when I stopped by FreshCo again later that weekend, the store was once again well-stocked, save for items like toilet paper. To be clear, the whole store hadn’t been cleaned out in the first place, but the items that did run out reveal something about the nature of COVID-19 panic in this particular neighbourhood.





Debunking Innis myths

Vartika Suneja

INNIS LIFE

With \$0.04 printing, single bedrooms, and just a 100m walk to our favourite Robarts Library, Innis may just be the best part of U of T. Both the College and the Residence offer unique perks that the rest of the U of T community appears to turn a blind eye to. A friendly rivalry amongst all of the University’s colleges is all fun-and-games until you realize your college isn’t U of T’s favourite...

Scrolling through @uoftmemes on Instagram at 2:32 a.m. made me realize that U of T—or rather its students—have strong stereotypes about the seven colleges on campus. From a characteristic fashion sense to prototypical identities, every college is given distinct traits. A few stereotypes are true, though not all of them are.

For instance, I heard through the grapevine that Innis students are nerds with no social life, but try telling that to our GPAs that fall faster than snow in a Canadian winter. We do, however, have arguably the best Registrar’s Office on campus. The Registrar is a particularly strong asset at Innis because our small population allows for less waiting and more one-on-one time. We also have great study spaces (both at the College and Residence), whether your preference is sitting at a window with a view or in a quiet, closed study room. Innis College has a small library that, in my opinion, is more aesthetically pleasing than Robarts. (I will admit: Victoria’s E.J. Pratt Library is a close second to ours.) Across the street from this library, Innis Residence has study rooms, open 24/7, on multiple floors. More on that: Innis Residence recently got new furniture and it is looking good!

Innis’s “small, tight-knit community” is also frequently talked about. Some people see it as a barrier to making new friends, others call it an opportunity



While some students jokingly claim that Innis doesn’t exist, writer Vartika Suneja shows why it’s the best college at U of T.

to make close friends. Objectively speaking, a small College is an ideal contrast to a big University. I find it comforting to see a familiar face on St George Street while walking to class amidst thousands of strangers. The small community also provides an opportunity to participate in student governance and councils if that is something you’re interested in. Even if you’re not, who doesn’t like the option readily available to them?

Most colleges have dormitories, but the apartment-style housing is one of Innis’s best traits. We can give points to Woodsworth for this, too. Having your own room, I believe, is crucial for students, es-

pecially in first-year. I couldn’t have imagined having to share a bedroom with a stranger and, luckily, Innis doesn’t make me do that. Of course, dorms have advantages too, but Innis is one of the few Colleges that makes introverts such as myself feel like my personal space and privacy are respected.

I found that this sense of respect put my mind at ease throughout my first year and, despite all the College rivalry, Innis respects the entire UofT community—unlike *certain* colleges, we’re not “stuck-up”! So, if you’re not a part of Innis (yet), join us for one of our Free Friday Films?

A nature song

Blooming through music

Cynthia Zheng

POETRY



COURTESY OF CYNTHIA ZHENG

I look up and what do I see? The gloomy sky stares right back at me.	They beam and beam and beam with their vibrant yellow the colour of positivity, the colour of joy, the colour of loyalty.
I look down and what do I see? The dry soil stares right back at me.	They grow and grow and grow in spite of rainstorms, in spite of thunder- storms, in spite of snowstorms, in spite of _____ storms.
Two feet steady on the ground, my head high in the clouds, I know what I see.	
Winds dance through my hair. Mountains sing in soli- darity. Trees embrace each other. Voices united, I listen.	They sing and sing and sing through the rain, through the wind, through the sunshine, through the _____. I listen. This is a Nature song.
With determination, I look ahead... and what do I see? Bright flowers smile right back at me.	Dear reader, would you like to have a listen as well?



Seven lessons learned from first year



COURTESY OF JADINE NGAN

Rochelle Raveendran shares seven hilarious anecdotes and resulting life lessons from her first year, including the importance of paying attention to your subway exit when riding the TTC.

Rochelle Raveendran

STUDENT LIFE

On my first night as a university student, I accompanied my roommates grocery shopping. I did not need to buy anything and would not for a long time. To give you an idea of my preparedness, all you need to know is that I packed 12 kitchen sponges and a 24-pack of toilet paper. However, I was momentarily possessed with the spirit of a coming-of-age movie protagonist and thought it would be deeply symbolic to make my first purchase as a student on my first night of university. I went for a giant glass jar of dry roasted peanuts. For the following two semesters, the jar of peanuts haunted me, opened but barely touched, the dim light of my residence room giving it a haunting yellow halo. The lesson I learned from this is that university life is not a charming off-beat indie movie directed by Greta Gerwig. I had simply wasted \$6.99 for no good reason. Below I have listed, in no particular order, some more lessons that I learned during my first year.

One. The orientation week club fair is not a good place to be if you succumb easily to peer pressure. Hold your ground and don't hand out your email just because someone asks for it. I have been ignoring emails from the Badminton Club for the past six months. Also, be prepared to break hearts. As I walked by the Hindu Students' Association booth, a lady asked if I wanted to join. I said no, and her face collapsed like an under-baked cake. I was pushed past her by the crowd behind me and did not have the chance to clarify that I am not Hindu, I am just brown. I have thought about her sunken cake face for the past six months. The club fair is a lawless land that robs you of your humanity. Social norms break down. I am convinced it doubles as a *Lord of the Flies* experiment overseen by a sadistic English grad student. Toughen yourself up beforehand and say a prayer for the booth runners.

Two. Despite living in the GTA for seven years, I had successfully limited traversing downtown Toronto only for violin examinations and medical emergencies. As such, my TTC knowledge left much to be desired. The first day that I travelled to residence alone, I took the Bedford exit at St George Station instead of

the St. George exit, despite being in full possession of the knowledge that my residence was on St George Street. Instead of turning back, I kept walking, past the Varsity Centre, past the Royal Ontario Museum, past a few weed shops, all the way down to the then newly opened Chick-Fil-A. This all happened while I attempted to understand Google Maps for the first time. I ended up taking an Uber to residence and called my sister, who took me out for charcoal ice cream to calm me down. Unfortunately, they were out of the charcoal flavour, so we got vanilla instead. It was disgustingly expensive and tasted mediocre. I digress. My point is that Google Maps literacy is essential for success in university life.

Three. University tutorials can be quite intimidating. The trick is to see your TAs as deeply flawed individuals. During one political science tutorial, my TA asked if anyone could comment on feminism and ended up choosing a male student to contribute. Halfway through the student's sentence, he cut him off, saying that the optics of asking a man to comment first on feminism had just occurred to him. He then asked a female student who had also raised her hand if she'd like to go first. She replied that she did not want special treatment and told the male student to continue. This anecdote is embedded with very deep commentary regarding political correctness in universities.

Four. Another point about tutorials, they are not always ethnically diverse. Diversity, however, can come with its own set of issues. In another poli sci tutorial, the only other South Asian in my class emphatically and vigorously described how everyone in Brampton votes purely based on the candidates' last names without even considering the party they represent. I had to clench every muscle in my body to restrain myself from physically taking her down. She was right, of course, but these are secret shames that should remain buried in the hearts of first-generation immigrants, not pulled out of one's back pocket to support Verba Shlozman's defence of proportional representation electoral systems. Prepare yourself for similar ethnic secret shames to be so unceremoniously revealed.

Five. If you're in Social Sciences or Humanities, make peace with the fact that you will buy at least one terrible book written by your professor or your

professor's friend that has been connected to the syllabus with so tenuous a link that a mere cough of dis-sension would sever it completely.

Six. Many people warn you to take care of your mental health in your first year. Some of the warning signs that you may not be taking proper care yourself are quite universal, e.g. sleeping too much, not sleeping enough, feeling unmotivated, etc. For me, it was wasting my Disney Plus free trial unironically watching reruns of *Good Luck Charlie*. Just like poor mental health can manifest in many ways, self-care takes different forms, such as walking to the nearest Shoppers Drug Mart, buying a giant bag of Chicago mix popcorn, and eating the whole thing in one sitting. The important thing is to not judge yourself or others.

Seven. The final lesson I will share is that your social life is never so dire as to warrant downloading a dating app. You don't need passive aggressive strangers sending you a question mark emoji if you don't reply within twenty minutes. You don't need to see high school classmates and family friends in a whole new light. You really don't need to read several consequent profiles that appear to confuse liking *The Office* with having a personality. I ended up changing my location to Auckland, New Zealand just for some variety. It did not work.

University is not a Greta Gerwig movie—it's more like a Quentin Tarantino war film produced by Michael Bay. If these references are too mainstream, it's probably because I dropped Intro to Film Studies after one lecture. In my defence, the professor opened the class with a clip that included a crucifixion and several male appendages. I digress. Regarding university, to quote the classic children's picture book *We're Going on a Bear Hunt*, you can't go over it and you can't go under it. You have to go through it. Listening to your sociology TA's jokes about swinging may be a little jarring at first, but before you know it, you'll be such a pro at uni life that when you slip and fall while racing down the subway steps to get to lecture on time, you'll get up, dust the salt stains off your jacket, and still buy a packet of obscenely overpriced Welches gummies from the Gateway newsstand before taking up a sprint again. What can I say? Some people never change.



The rise of role players

How a championship identity fueled the Raptors' success in a post-Kawhi Leonard era

Kris Suri

SPORTS

Saturday, June 13th, 2019, will forever be remembered as arguably the greatest day in Canadian sports history. On that day, the Toronto Raptors defeated the Golden State Warriors in Game 6 of the NBA finals and became the first Canadian team to proudly hoist the Larry O'Brien NBA Championship Trophy. Soon after, the city of Toronto held a championship parade, and hundreds of thousands of ecstatic Raptors fans flooded the streets for a celebration in Nathan Phillips Square. Sadly, these fans were unaware of the emotional rollercoaster they would soon be on.

On Saturday, July 6th, Kawhi Leonard signed with the Los Angeles Clippers instead of staying with the Raptors, despite being worshipped across Canada for his heroic playoff efforts. At that moment, countless Canadians abandoned all hope that their team could be champions again. Prior to the start of the 2019-2020 season, the sports channel ESPN predicted the Raptors to finish with 45 wins (out of 82 total games), good enough for the sixth seed in the Eastern Conference. Moreover, many members of the Toronto media, such as former NBA player and coach of the Raptors Sam Mitchell, predicted the team to barely, if at all, squeeze into the playoffs. Fortunately, they were all mistaken.

Prior to the suspension of the 2019-2020 NBA season due to COVID-19, the Raptors had the third best record in the NBA with 46-18, and the team held the second seed in the Eastern Conference. They were on track to finish with a record identical to last season's, and ESPN named them a top five team in their most recent "Power Rankings" list. How? This is the golden question that fans have surely been asking, but few know the answer to.

Following the departure of Kawhi Leonard, there were no major offseason additions to the roster that directly filled his shoes. When a star player is sidelined in a team sport such as basketball, another player will naturally enter the starting lineup and serve as a replacement. In the case of Toronto, the departure of the superstar was permanent and it required more than just a temporary back-up player. Thankfully, the team has always consisted of players who truly embrace the "next man up" mentality. Every player elevated their game in an effort to fill the seemingly bottomless void left by Leonard. Let's take a look at a few of them.

First, we start off with Kyle Lowry. For the past several seasons, Lowry has been the unsung hero of his team. As the starting point guard and a six-time all-star, he possesses great talent and his statistical averages always reflect the team's needs. To compensate for the departure of Leonard, his scoring has increased as he needed to take more shots himself. More importantly, he continues to bring a certain "hustle" to each game, which is never reflected in the box score. It's no surprise that he leads the league in charges drawn, putting his body on the line in the name of team success.

Next up is Fred VanVleet, also known as "Steady Freddy" for his consistent play. During the NBA finals, he jumped at the opportunity to guard Stephen Curry and he more than delivered. Now the starting



While many Canadians believed the Raptors wouldn't stand a chance without star player Kawhi Leonard, Toronto's 2019-2020 team proved otherwise, writes Kris Suri.

shooting guard for the Raptors, VanVleet has seen an increase in all of the major statistical categories (points, rebounds, assists, steals, and blocks). He also hasn't forgotten to maintain a high defensive intensity, as he ranks in the top five players in the league for both steals and deflections per game. VanVleet's rise to stardom is a testament to hard work and is perfectly encapsulated by his motto, "Bet On Yourself." After his name went uncalled in the 2016 Draft, he declined options to play in the development league and bet on himself to make an NBA roster. The result? He earned one of fifteen spots on the Raptors' roster as an undrafted rookie and both he and the Raptors have never looked back.

OG Anunoby took a backseat to Leonard last year, who shares the same position at small forward. Although he also improved in all major statistical categories, his value to the team comes in the form of defence. As a starter, Anunoby is often given the task to guard the opposing team's best player, ranging from LeBron James to his former teammate, Kawhi Leonard. Standing at 6'8", Anunoby weighs in at 232 lb, with an even more impressive wingspan of 7'2". These Herculean dimensions combined with quick feet and an automatic 3-point shot have made Anunoby the Raptors' defensive specialist and a valuable offensive asset.

Another player who has elevated their level of play this year is Norman Powell, sometimes called "Stormin' Norman" in reference to his explosive and high energy play. Similar to VanVleet and Anunoby, Powell has improved across the board, but most notably he doubled his previous year's points per game. In addition to scoring more, he is shooting 50% from the field and 40% from the 3-point line, both of which are extremely efficient numbers for a shooting guard. Powell began the year with the assigned role of sixth man, but due to team injuries he has started around half of the games he's played in. In early March, Powell was named the Eastern Conference Player of the Week. Who did he share the award with? LeBron James. Enough said.

Pascal "Spicy P" Siakam has been the closest to assuming Kawhi's superstar role on the team, albeit with a very different playstyle. This season, Siakam has remained the team's starting power forward and has also improved his all-around game. More importantly, he has emerged as the team's number one

scoring option, especially in late game situations. To maintain ball movement among the five players on the court at a given time and continue to dominate in transition, Siakam has the ability to score both with and without the basketball in hand. Above all, Spicy P is most well known for dominating near the basket, using his trademark spin move. The 25-year-old added to his already impressive resume this season when he was named a starter for the NBA All-Star Game.

Out of the five players mentioned above, four have experienced increases in all major statistical categories. The repetition of this phrase is truly a testament to these players' desire to improve in all aspects of the game as part of a winning organization that emphasizes team basketball. However, several other players have also been crucial to the team's success this year. These include Marc Gasol, Serge Ibaka, Terrence Davis, Rondae-Hollis Jefferson, and Chris Boucher.

Cumulatively, these improvements in individual talent have resulted in a stellar offence. More notably, the Raptors have preserved their identity, which was infused within each of them by Kawhi Leonard, as a defence-first team. That identity has shone through in the numbers as the Toronto Raptors possess the second best defensive rating among all teams in the league, allowing an average of only 104.9 points per game by their opponent. It was their defence that resulted in a win streak of 15 straight games, the longest ever by a Canadian-based team in the NBA, NHL, CFL, or MLB.

While many Canadians thought they could never make it without Kawhi, the Raptors have proved that a team is much more than their star player. Through major individual improvements and an ongoing dedication to team play, the Raptors were a true force to be reckoned with this season. And while no one knows exactly what the NBA will look like when the season resumes or the next one begins, the Raptors may very well still have the means to win it all. As long as they maintain their defensive identity and players continue to rise to the occasion as the "next man up," the Toronto Raptors have a serious chance to defend their historic title.

Note: this article was written prior to the suspension of the 2019-2020 NBA season and has been lightly edited to better reflect the current situation.



Skillet brownie for one (or two!)

Al-Amin Ahamed

RECIPES

Do you like tea? Nothing but a piping hot cup of freshly steeped nature juice? Well, let me supply you with a steaming, hot skillet brownie recipe to satisfy those taste buds while your floor gets flooded with good gossip. I mean, you can also just drink the tea with the brownie but it probably won't be as exciting. Anyways, skillet brownies are your one stop shop for a cute shared dessert with your boo or just one of those meals you make and eat all alone cuz you sad. But my love life has been THRIVING recently so let's keep things positive.

Skillet brownies are great because they are cooked in the dish that you serve the brownie in and you can eat them in one sitting. Traditionally, skillet brownies are eaten straight out of the oven so that the centre is nice and gooey, but I recommend waiting a few minutes so you don't burn your mouth (and so you can add ice cream without things becoming a mess).

Today's recipe is created by Dorothy Kern. Her skillet brownie is to die for, but obviously it doesn't hurt to throw in a few little tweaks from Al!

ORIGINAL RECIPE:

- 5 tbsp all purpose flour
- 6 ½ tbsp granulated sugar
- 2 ½ tbsp unsweetened cocoa powder
- 1/8 tsp salt
- 3 tbsp vegetable oil
- 1 large egg
- 1/3 cup chocolate chips

AL'S IMPROVED INGREDIENTS:

- 5 tbsp all purpose flour
- 4 tbsp granulated sugar
- 2 ½ tbsp brown sugar
- 2 ½ tbsp unsweetened cocoa powder
- 1/8 tsp salt
- 3 tbsp melted butter
- 1 large egg
- 1/3 cup any combination of mix-ins
- Ice cream (to serve)

FUN MIX-INS:

- nuts (pecans, walnuts, etc.)
- butterscotch chips or toffee chips
- mini peanut butter cups
- caramel candies
- chopped candy bars
- M&Ms
- or anything else you can think of!

While the original recipe is truly delicious, replacing 2 ½ tablespoons of the white sugar with brown sugar will make for a softer and chewier brownie. Also, replacing the oil with butter will make your brownie more decadent. To spruce things up, be creative with your add-ins. Pecans, walnuts, butterscotch chips, chocolate candies are all wonderful substitutes for the chocolate chips. Heck you can combine all of them together, just ensure your toppings don't exceed a 1/3 cup.

The directions for this recipe are super simple! Follow along below.

DIRECTIONS:

1. Preheat your oven to 350°F

2. Combine dry ingredients in a bowl (flour, cocoa powder, salt)
3. Combine wet ingredients in a bowl (sugar, butter, egg)
4. Mix the dry and wet ingredients together. Once combined, add in your chocolate chips (or other mix-ins) and stir to combine.
5. Place the mix in an oven safe pan, cast iron skillet, or baking dish. Bake for 17 minutes for a fudgy center, or up to 25 minutes to fully cook it through.
6. Let cool for 3-5 minutes before topping with ice cream. Enjoy!



Al's skillet brownie is the perfect decadent treat to whip up for yourself during quarantine.

Art in quarantine

Sabine Osmann-Deyman

ARTS & CULTURE

Quarantine has been challenging. I've found myself with a broken-up routine and I'm constantly looking for things to occupy my time. One thing I've realized, though, is that while most of my days used to be dedicated to work and school, I now have time to focus on what I couldn't before: my art! I do a lot of illustrations and writing for different things—the Herald, my friends, school projects, etc. It's been a while, however, since I've accomplished my own personal art goals and really created for myself before anyone or anything else.

Zines!

So far, I've made three zines. A zine is a small-press publication that focuses on a theme, usually from independent creators. Two of my zines are made out of one piece of paper that folds into a small eight-page zine, and one is a 12-page zine bound with saddle stitches. Each of them have been opportunities for me to try different styles of projects, from illustrated poetry to a comic.

My first zine technically took the longest to make, if you count the several iterations I went through to make "my first zine." Honestly, though, it didn't take that long. It was a poem I had sitting around for a while, and one day I happened to think of some imagery that would go along with it. After that it almost



Sabine's most recent zine.

drew itself. It turns out that keeping things simple was all I needed to learn to make any zine at all.

My second zine was a larger project and therefore more complicated to make, but in some ways a lot easier because I finally understood the printing process and was still keeping things simple (one colour). This zine features a long poem divided into parts, with each part having an accompanying illustration. I'm really proud of it—I don't usually write long poetry, and it feels really good to write about a lot of different things cohesively around a theme: pandemic stress!

My most recent zine is another eight-page foldy zine from one page, but instead of illustrated poetry I worked towards my goal of making a comic! Instead of using words, I tried to illustrate my different states through the seasons using the imagery of being able to fade through walls. I also used different colours of ink for every season, making this zine more complicated to print ink-wise than the other two!

Tote!

Screen printing apparel is admittedly more expensive than printing zines, especially if you want what you order to be of good quality. As a result, my most recent project and the only apparel project I've been able to complete so far is a tote bag. I did a limited run of 30 bags, which I think is a good start. After all, while I'm still in the process of building an audience and have low-demand for my art (I'm making it more for myself than anything else, anyway) there's no sense in over-printing and blowing my budget.

My first tote bag features an erasure poem I made out of an excerpt from a vintage magazine. I love erasure poetry because you transform the old into new, and while the words didn't initially have importance to you, they will come to find a place in your life.

Goals and next steps

Making art has been fun! I've realized through visiting art fairs and conventions that I really, really want to table at one myself. I guess my big goal at this point isn't to make a specific thing but more to go to an event as an artist instead of an attendee. To do this I need a body of art, which is what all my zines and tote bags are leading up to. Hopefully, after the pandemic has passed and fairs are safely held again, I'll be able to do this. I'm still looking for inspiration for new zines, and I'm actively trying to design hats and crewnecks. I've found a sense of fulfilment again through making art, and I'm excited to see where it takes me!

You can find Sabine's art on Instagram (@stunflowers)



Birds of Prey: Proving me wrong one glitter bomb at a time

Jessica Colacci

REVIEWS

I was reluctant to watch *Birds of Prey (And the Fantabulous Emancipation of One Harley Quinn)*. My reluctance to watch this film was due to the fallout of *Suicide Squad* and my hunch that this film would have the same faults. Although I had my doubts, I went into the movie with an open mind and was happily surprised by my feelings toward this intense and vibrant action film.

Margot Robbie's portrayal of Harley Quinn was the best thing to come out of *Suicide Squad*. Her mannerisms, stunts, and dialogue are uncanny and I can't see a better fit for the role. There were three aspects of *Birds of Prey* that stood out in particular: colour, characterization, and creativity.

The colour palette in this film was incredibly tasteful and, in my opinion, it has to go down as one of the most visually pleasing DC films of all time. It was a colour trip of all sorts and left me satisfied and inspired.

The colouring scheme and bright elements carried over to the pure creativity of the scenes in the film. The fight scenes were so inventive and not drawn out to the point of boredom, like in several other comic book movies. They were truly imaginative and departed completely from overdone fight scene tropes,

leaving me feeling curious as to what would happen next.

This movie wouldn't be truly impeccable without the stellar Harley Quinn herself. We see her develop to be independent from the Joker after their fresh



Margot Robbie shines as Harley Quinn in *Birds of Prey*, a film which provides a refreshing departure from DC's standard action tropes, writes Jessica Colacci.

breakup, which gives us a taste of Harley finally being a liberated entity. I hadn't realized it at the time, but throughout the DC universe, Harley is always dependent on the Joker. With his protection and (unhealthy) affection gone from her life, we see an evolved and enlightened Harley Quinn.

While it is fascinating and beautiful to see her character development, a side effect of spending so much time on Harley's growth is the inevitable short-changing of the rest of the *Birds of Prey* crew. The characters Huntress, Black Canary, Cassandra Cain, and Renee Montoya were such strong female characters alongside Harley, yet we only get a surface level view of them. If you go into the movie expecting even coverage of all the female leads, you will be disappointed—this is truly Harley Quinn's movie. Even though the villain, Black Mask, is entertaining, his motivations aren't truly conceptualized further than his hatred for Harley. While these characters weren't given more time to shine, the decision not to fully dissect them could be a clever way to give us a taste of this enigma of a cast and set up more DC films for the *Birds of Prey* crew in the future.

This riot of a film deserves a solid 7.5/10 in my opinion, and it restored my faith in DC films one colour filled, jaw-dropping glitter bomb at a time. When it comes to DC films, I feel like they always take two steps back and one step forward; *Birds of Prey (And the Fantabulous Emancipation of One Harley Quinn)* was a leap forward in the right direction for DC.

Movies reviewed solely by their trailers

Helen Ho

SATIRE

Trolls World Tour (dir. Walt Dohrn)

RELEASE DATE: April 10th, 2020

Two words: All powerful. A strong political allegory for our current events—it's difficult to explain how well this movie captures the pain and sorrow that we as a society are facing right now. This movie will sweep Best Picture at the Oscars without a doubt. Walt Dohrn has outdone himself.

A Quiet Place II (dir. John Krasinski)

RELEASE DATE: September 4th, 2020

A Quiet Place II picks up on the story of the family introduced in *A Quiet Place I*. Krasinski always seems to have bad luck with leaks for these movies: the trailer that was released for this movie was left incomplete, starting off with a clearly loud and audible Emily Blunt. The first movie was also leaked prematurely into theatres, featuring many points and large portions of the movie that had loud sounds. Hopefully, Krasinski will finally be able to achieve his final vision of a quiet place and win that Best Sound Mixing Oscar he so rightly deserves.

Mulan (dir. Niki Caro)

RELEASE DATE: July 24th, 2020

Mulan is the story of Joan of Arc, adapted for Eastern cultures, utilizing Eastern methods of storytelling with Eastern elements. The story, originally a rustic

and sacred story, has been transformed to be fun and more appealing to those who may enjoy "oriental" themes. If you know the story of Joan of Arc and enjoyed its exclusive French themes, then you may find this adaptation to be a fun jaunt. This movie is a strong contender for Best Foreign Film.

Promising Young Woman (dir. Emerald Fennell)

RELEASE DATE: April 16th, 2020

(Author's Note: As a woman, I felt inexperienced reviewing this movie so I asked the guy who always talks in my philosophy tutorial for his opinion.)

"I just don't understand why this movie is necessary," Harry tells me. "Violence against men in media? It just feels like we are moving backwards." Harry is a fourth-year in Trinity, enjoys watching *Game of Thrones* and his favourite movies are *Deadpool 2* and *The Dark Knight*. He also doesn't think this movie will win any Oscars due to its blatant misunderstanding of representation, "it's no *Green Book*."

The French Dispatch of the Liberty, Kansas Evening Sun (dir. Wes Anderson)

RELEASE DATE: October 16th, 2020

L'histoire complètement invraisemblable de la façon dont Timothée Chalamet pourrait jamais être confondu avec quelqu'un d'autre que Timothée Chalamet. Ses talents d'acteur brillent ici parce que pendant pour une minute, je pensais que c'était seulement un autre film excentrique de Wes Anderson et, regardez! C'est notre ami Tim! Et oh mon Dieu! Est-ce Tilda Swinton? Je ne l'ai même pas reconnue elle. Et Beni-

cio Del Toro? Il est toujours ici? Hé, où est Bill Murray dans tout ça? Je ne sais pas au sujet du film mais, Hourra le cinéma! Hourra Wes Anderson!

Candyman (dir. Nia DaCosta)

RELEASE DATE: September 25th, 2020

Your favourite niche celebrity will tweet about how Jordan Peele has done it again, everyone will call it the "new Jordan Peele movie." Truly a movie that sticks with you even as you leave the theatre, hearing all the white people around say, "maybe *Candyman* was overreacting." AHH! *Candyman* will win something like Best Costumes or Best Sound Mixing, and all of the actors will be nominated too, because that's what happened with Lupita Nyong'o in *Us*.

No Time To Die (dir. Cary Joji Fukunaga)

RELEASE DATE: Nov 25th, 2020

I've been waiting for another Bond sequel for a long time: they're such a rare and unique gem, and they always bring something new to Oscar season. This trailer seems to reveal a new, heartfelt shift in the James Bond movies, reminding me of the fragility of human life. I called my mom immediately afterwards and told her the eponymous words: there is no time to die, I proclaimed. She agreed with me, shortly before her hospital nurse took her phone away for her next treatment. Billie Eilish will not win an Oscar for Best Original Song; it would be ludicrous if two James Bond movies won Best Original Song. The Oscars should be a fair game for everybody, not just the young and urban!



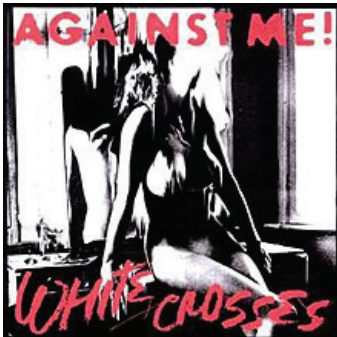
Sarah Laudenbach

PLAYLIST



“The corporate revolution will collapse if we refuse to buy what they are selling—their ideas, their version of history, their wars, their weapons, their notion of inevitability. Remember this: We be many and they be few. They need us more than we need them.” -Arundhati Roy

A playlist for starting revolutions, rebellions, and uprisings. Remember to bring water, power snacks, pay-phone money, and several days worth of any prescription medication you take to any protests you attend! Scan the QR code to listen on Spotify!



#1
"I Was a Teenage Anarchist"
Against Me!
“I Was A Teenage Anarchist” is the perfect song to prepare for any revolution. Against Me!’s music reflects singer/guitarist Laura Jane Grace’s experiences as a queer transgender woman and the politics surrounding identity and the body.



#2
"The Resistance"
Skillet
Skillet (suprisingly) identifies as a Christian rock band. Don’t let this discourage you though, their lyrics aren’t particularly religious. “The Resistance” will pump you up and remind you why you’re rising up in the first place.



#3
"Viking Death Mark"
Billy Talent
The most heavy rock/punk song on this playlist, “Viking Death March” speaks directly to tearing down capitalism. The best thing about Billy Talent? They’re a band that came out of Meadowvale in Mississauga—my hometown!



#4
"Welcome to the Black Parade"
My Chemical Romance
I went to karaoke with friends almost my age and somehow none of them knew this song. Regardless, “Welcome to the Black Parade” remains *the* anthem of disenfranchised youth rebelling against everything and anything.



#5
"Shake the Ground"
Cherri Bomb
Featured on the soundtrack album for *Avengers* (2012), “Shake the Ground” is a high-energy song about not doing what you’re told and breaking down the systems that thought they could control you in the first place.



#6
"American Idiot"
Green Day
A suprising number of hit songs in the 2000s were about saying ‘fuck you’ to the system. Green Day might be a more mainstream punk/rock band, but that doesn’t make “American Idiot” any less relevant (or any less of a jam).



#7
"The Revolution/The Establishment"
Shad
Shad is a Juno Award-winning hip-hop artist from London, Ontario. “The Revolution/The Establishment” is exemplary of revolutionary music—every single lyric speaks to combatting oppression, inequality, and injustice.



#8
"Uprising"
Muse
“Uprising” is the quintessential uprising song, speaking to government oppression and civil unrest. Its sound has been compared to sci-fi soundtracks, perhaps to speak to the dystopian world in which we are all currently living.



#9
"Vox Populi"
Thirty Seconds to Mars
“Vox Populi” is a deeply unifying song. The use of crowds of voices creates a feeling of camaraderie, reminding you that you are never alone in standing up for your beliefs and there will always be others willing to fight alongside you.



#10
"Revolution"
The Score
As with the rest of the songs off of The Score’s 2017 album *Atlas*, “Revolution” sounds as though it belongs in a movie soundtrack. A powerful alt-rock war song, this is the sort of music to blast from your speakers mid-riot.



#11
"Viva La Vida"
Coldplay
Coldplay’s famous “Viva La Vida” looks at the historic revolutions that have influenced the world we live in today. It’s a reminder that revolutions have always existed and, as long as there are oppressors, will always continue to exist.

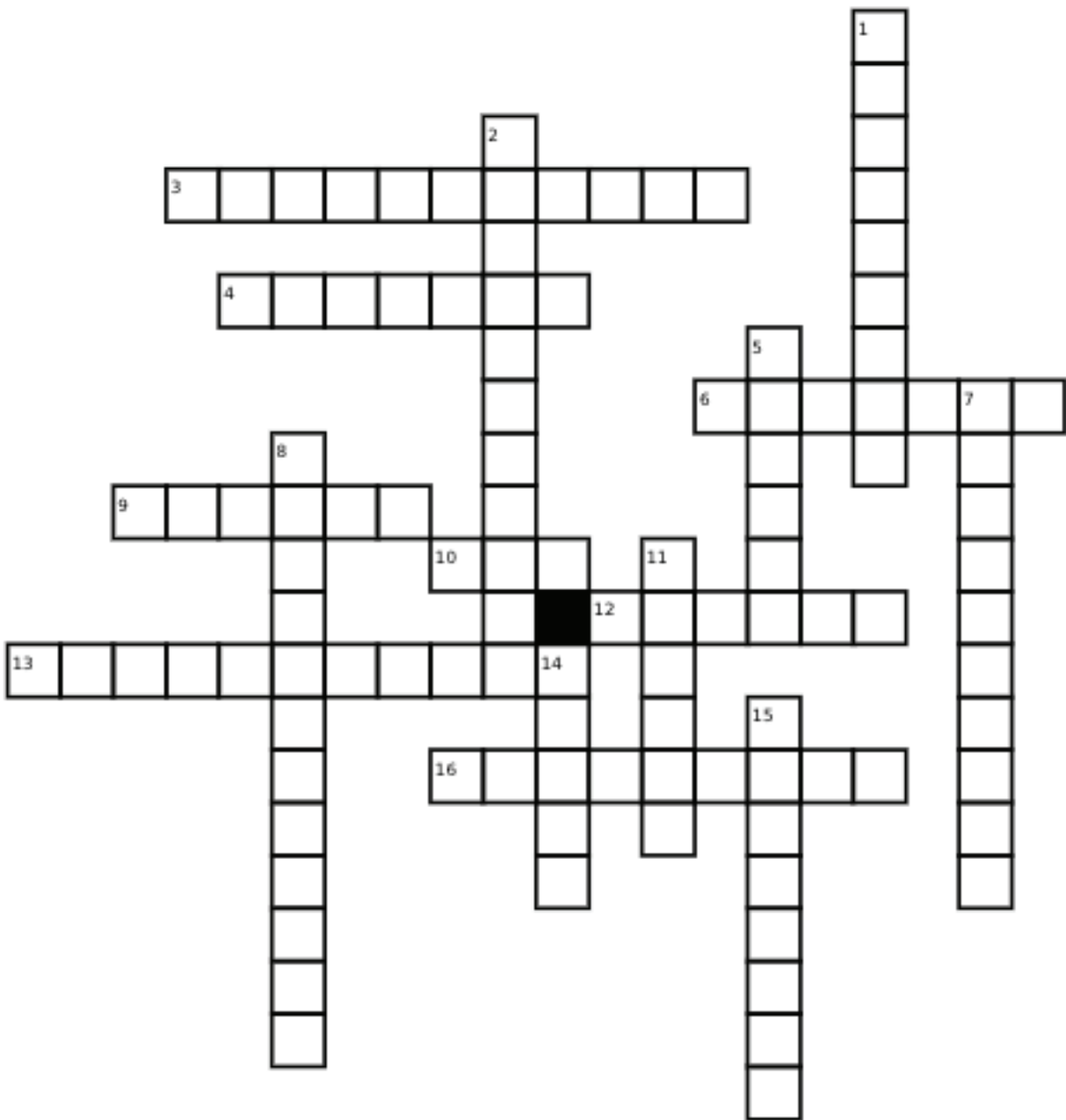


#12
"Rich, White, Straight Men"
Kesha
“Rich, White, Straight Men” is an unapologetic middle finger to the racist, sexist, homophobic men that run most of the world. It perfectly ends the playlist by imagining a future in which the world is so much better than it is right now.



CROSSWORD

COURTESY OF THE INNIS HERALD



ACROSS

- 3. An egg that is pan-fried on only one side
- 4. French for "the red"
- 6. Video game item that gives you a temporary boost
- 9. 1960 psychological thriller by Alfred Hitchcock
- 10. Toronto institution that recently welcomed a baby giraffe
- 13. Each year, millions of these Monarch insects migrate to warmer climates
- 16. A cover of this 1964 Ken Dodd song was released in 2020 as a tribute to the United Kingdom's National Health Service

DOWN

- 1. In 2019, *Billboard* crowned them the best k-pop idol group alive
- 2. Song by The Civil Wars from the *Hunger Games* movie soundtrack
- 5. Cocktail featuring white rum, mint, and lime juice
- 7. Korean phrase to help children learn how to swim
- 8. Sweet treat perfect for a summer birthday party, often bought from Dairy Queen
- 11. New member of a sports team or recent police recruit
- 14. Overly sentimental
- 15. Game often played with infants.

SUDOKU

COURTESY OF PUZZLES.CA

EASY

8				1			2
				4			1
2	3		6	8	7		
							7
7			3		1		4
	6			9		3	
2		6					3
			2	7			
	5		6			9	

MEDIUM

		6		2			
	8		9			6	5
		4			8	7	
							9
	6	7	8		9		
				4		2	
3	7						
	5				3		1
				5			2

HARD

4	1			3	6		
			7			8	5
6							
	9					2	
		6		7			8
							9
		2		1	4		
					3		
7	4				8	5	9

